

Relationships and Sex Education

RSE is statutory from September 2020 and will be taught alongside PHSE and Children's Rights on a weekly basis. Pupils learn specific knowledge in timetabled weekly lessons and deepen their understanding across each key stage, including the use of key concepts.

National Curriculum Aims

The National Curriculum for RSE aims to ensure that all pupils:

- know and understand about the importance of families and the characteristics of healthy family life. This should include knowledge about differences between families and developing a respect for other family circumstances. This should also include knowing what to do to seek help if family relationships are making them uncomfortable.
- know and understand the importance of friendships and the characteristics of healthy friendships. This includes knowing how to resolve conflicts and issues within friendships.
- Learn about respect and tolerance and how to maintain respectful relationships with others. This includes knowing about bullying and the effects of this and about permission-seeking in relationships.
- Know and understand how to stay safe online and how to manage online relationships. This includes knowing how to respect others online and how to recognise risks and report these.
- Understand about appropriate boundaries within their relationships and how to stay safe within relationships. This includes recognising appropriate physical contact with others and how to report concerns or abuse and where to seek help.

Key Concepts

During RSE pupils explore the following key concepts:

- Pupils learn about respect within friendships, families and online relationships.
- Pupils learn about appropriate behaviours and inappropriate behaviours and how to seek help/advice if they have concerns or worries.
- Pupils learn how to keep themselves safe within relationships, including online relationships.

KS1 Specific knowledge

Year R	Caring Friendships	Being Kind	Families
	Pupils learn about how to make new friends and how friendships make us feel. Pupils learn about what makes a good friend.	Pupils learn about resolving conflicts and the importance of saying sorry and forgiving.	Pupils learn about different members within a family and how families help each other.
Year 1	Different Friends	Growing and Changing	Families and Care
	Pupils learn about how we are all different but can still be friends. Pupils learn that it is important to celebrate differences in each other.	Pupils learn about how children grow and change. Pupils learn that babies and young children need a lot of care and that older children become more independent.	Pupils learn who can help if families make them unhappy or feel unsafe. Pupils learn who to ask and how to ask for help if they need it.
Year 2	Differences	Male and Females including animals	Naming Body Parts
	Pupils learn about differences between males and females, including the differences	Pupils learn about some differences between male and female animals. Pupils learn	Pupils learn about and describe some of the key physical differences

	between male and female babies. Pupils learn that some people have fixed beliefs about what males and females can do.	that a new life needs a male and a female.	between males and females. Pupils learn the names of the different body parts.
KS2 Specific knowledge			
Year 3	Body Differences	Personal Space	Help and Support
	Pupils learn about respect for body differences between ourselves and others. Pupils learn the names for the female and male body parts using agreed terms.	Pupils learn that each person's body belongs to them. Pupils learn about personal space and understand about unwanted touch.	Pupils learn that all families are different and have different family members. Pupils learn about who to go to for support and help if they need it.
Year 4	Changes	What is puberty?	Healthy Relationships
	Pupils learn that puberty is an important part of the lifecycle of a human. Pupils learn that some changes happen during puberty.	Pupils learn about the physical and emotional changes that happen during puberty. Pupils learn that children change into adults so that they can reproduce if they choose to.	Pupils learn that respect is important in all relationships including those online. Pupils learn how friendships can make people sometimes feel unhappy or uncomfortable.
Year 5	Talking about puberty	The Reproductive System	Help and Support
	Pupils learn how to explain the physical and emotional changes that happen during puberty. Pupils learn how to ask questions about puberty with confidence.	Pupils learn how puberty affects the reproductive organs. Pupils learn what happens during menstruation and sperm production.	Pupils learn how to stay clean during puberty. Pupils learn how relationships/emotions change during puberty. Pupils learn how to get help and support during puberty.
Year 6	Puberty and Reproduction	Communication and relationships, including online	Families, conception and pregnancy
	Pupils learn how and why the body changes during puberty in preparation for reproduction. Pupils learn to talk about puberty and reproduction with confidence.	Pupils learn the differences between a healthy and unhealthy relationship. Pupils learn that communication and permission -seeking are important in relationships. Pupils learn when it is appropriate to share personal information in a relationship. Pupils learn where and how to seek help or support if an online relationship goes wrong.	Pupils learn about the decisions that have to be made before having children. Pupils learn some basic facts about conception and pregnancy
Deepening Understanding			

When learning during RSE pupils will deepen their knowledge of:

- Children's Rights and how some aspects of RSE links to these.
- effective participate in discussions about things that are relevant and important to them.
- asking questions and expressing opinions, whilst respecting the views of others.
- Correct scientific terms for body parts and physical changes to the body.
- Respect and tolerance within families and friendships.

Year Group Learning Expectations

Families

Year R: learn about different members within a family and how families help each other and provide love and stability.

Year 1: the characteristics of a healthy family life. Also that not all families look the same.

Year 2: respect in family relationships.

Year 3- learn who can help if families make them unhappy or feel unsafe.

Year 4- the importance of permission- seeking within relationships.

Year 5- how emotions might change during puberty and who to ask for help within their families during this time.

Year 6- marriage and adult relationships and the decisions that have to made before planning to have children.

Friendships

Year R: how to make friends and be a good friend. How to resolve conflicts and forgiveness.

Year 1: celebrating differences within friendships. Begin learning about mutual respect.

Year 2: Learning about respect within friendships and how to be courteous.

Year 3: About the effects and implications of bullying.

Year 4: the difference between healthy and unhealthy friendships and how this impact on people's emotions. The importance of permission- seeking in friendships.

Year 5: emotional changes during puberty and how this can affect friendships.

Year 6: what sort of boundaries are appropriate within friendships. Respect within friendships, including online.

Online relationships

Year 3: about the effects and implications of bullying, including cyberbullying. That people sometimes behave differently online, including pretending to be someone they are not.

Year 4: that the same principles apply to online relationships as face-to -face relationships, including respect. To carefully consider online friendships and the risks associated with being friends with people they don't know.

Year 5: know the rules and principles of staying safe online, how to recognise risks, harmful content and how to report concerns.

Year 6: how data and information is shared and used online. Appropriate friendships with peers and other within in a digital context.

Staying safe

Year 1: recognise who to trust and who not to trust. Seeking help when things within relationships make them feel unhappy or unsafe.

Year 2: appropriate boundaries within relationships (NSPCC pants rule!)

Year 3: who to seek help from if relationships make them feel uncomfortable. Learn who to trust and who not to trust.

Year 5: getting help and support during puberty. Seeking support and help from appropriate sources when concerned online.

Vocabulary

Year R: friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad

Year 1: friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva.

Year 2: similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vulva

Year 3: gender roles, stereotypes, male, female, similar, different, private parts, penis, vulva, testicles, vagina, uterus, family, fostering, adoption, relationship.

Year 4: puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings.

Year 5: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings.

Year 6: womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety.